

## School Wellness Policy

Saint John School is committed to the goal that all students and staff shall possess lifelong knowledge and skills necessary to make nutritious food and enjoyable physical activity choices through effective use of school and community resources and attentiveness to student and staff needs and interests, taking into consideration differences in culture.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

- I. In order to promote wellness we have identified goals for (A) nutrition education, (B) physical activity and other school-based activities.

### A. Nutrition Education

1. School programs offer students in kindergarten through grade 12 nutrition education that provides the knowledge they need to adopt healthy lifestyles.
2. Nutrition education will provide the knowledge and skills necessary to promote good health.
3. Nutrition education shall be integrated within the comprehensive health education curriculum.
4. The staff responsible for providing school-based nutrition and health education programs is adequately trained.
5. Nutrition education will be integrated into the broader curriculum, where appropriate.
6. The school cafeteria serves as a learning laboratory to teach and practice good nutrition.

### B. Physical Activity and Other School-Based Activities

1. The physical education curriculum for grades K-12 is aligned with established physical education standards.
2. All physical education classes shall be taught by certified physical education teachers and focus on the skills needed for lifelong physical fitness.
3. Physical education teachers should be provided with opportunities for professional development.
4. Students in grades 9-12 may replace the required .5 physical education credit if the student has participated in interscholastic athletics, marching band or cheerleading for at least two full seasons.
5. Grades K-6 will provide at least 15 minutes of daily recess on days that they do not have physical education.
6. Grades K-8 should have at least 45 minutes of physical education instruction per week

7. The school will encourage the use of non-food rewards for student behavior, such as treasure chest items and extra recess.
8. The school further encourages teachers and parents to provide healthy snacks and it minimize sugary treats for classroom celebrations.

II. All food served on school property shall comply with the National School Lunch and/or Breakfast standards for meal patterns, nutritional levels, and calorie requirements for the ages/grade levels served, as specified in 7 CFR 210.10 or 220.8, as applicable.

<https://www.law.cornell.edu/cfr/text/7/210.10>

1. Food and beverages offered over the course of the school week as part of the National School Lunch and Breakfast Programs are nutrient dense, including whole grain products and fiber rich fruits and vegetables to provide students a variety of choices to maintain a balanced diet.
2. A variety of nutrient dense foods are offered to students at each meal always including low fat milk, fruits/vegetables, meat/meat alternates and grains.
3. The cafeteria is cashless-all students, regardless of the type of payment they make for school meals, or the food being purchased (meal or a la carte) are given a card to swipe or number to enter at the cash register.
4. Schools will reach out to the family of a child with an unpaid balance to assess whether the child is eligible for free or reduced price meals.
5. Applications for free/reduced priced meals are sent home to all families at the beginning of the school year. The application is also available on the district website.
6. Snack foods may not be purchased during meals.
7. After obtaining food, students will have at least 15 minutes of seat time to eat lunch.
8. Water fountain is available during all lunch periods.
9. All school nutrition program directors and staff will meet hiring and annual continuing education/training requirements in the USDA Professional Standards for Child Nutrition Professionals. These school nutrition personnel will refer to USDA's Professional Standards for School Nutrition Standards website to search for training that meets their learning needs.
10. School meals will include fresh foods in school meals whenever possible and these foods will be promoted in the cafeteria.
11. School is in compliance with all federal and state nutrition standards for all foods served in schools.
12. All food and beverages sold to students during the school day will meet the U.S. Department of Agriculture (USDA) school meals and Smart Snacks in school nutrition standards.
13. All students have access to free, safe, and fresh drinking water throughout the day and are permitted to bring in bottled water from home.

4. Foods and beverages available during the school day should minimize the use of trans-fats and saturated fats, sodium and sugar as defined by the Dietary Guidelines for Americans.
5. Salads are available on a regular basis.
6. Food and Nutrition Services will encourage whole grain breads and cereals.
7. Food and Nutrition Services will offer low fat milks
8. At a minimum, foods served as part of a school lunch or breakfast will meet the Dietary Guidelines for Federal lunch program.

### III. Plan for measuring implementation of the wellness policy

1. The school's accreditation committee will review the wellness policy on a regular basis and revise, update or amend the policy as needed and share with its stakeholders and posted on the school's website.

### **Illness**

The school makes accommodations for students who become sick at school by removing them from the rest of the student population until the parent or other authorized person can take the student home. Students with fevers or communicable diseases will be sent home to reduce the risk of infection to the student body.

### **Infectious/Communicable Diseases**

The protection and welfare of each individual student is of importance in the schools of the Diocese of Youngstown. In an effort to enhance protection of students:

1. All students must be immunized and/or tested according to the current Ohio Board of Health requirements found in the Ohio Health Guidelines (or modified schedule as approved by the student's physician or local Public Health Department). Parents or guardians of the child who object on the grounds that administration of immunizing agents conflicts with their religious tenets or practices must produce such documentation and complete a Religious Exemption form from the principal. The completed form will be submitted to the superintendent for approval. The school must keep a copy of the documentation on file.
2. The school utilizes the Ohio State Health Department's Communicable Disease Chart to determine the procedures for referral of suspected communicable diseases, notification of parents whose children have come in contact with this disease, and requirements for exclusion from and re-admittance to school for children found having a communicable disease.